

Name: _____

Date: _____

Track Your P.A.C.K. Week Success

For each colorful day of P.A.C.K. Week, check off which fruits and vegetables you eat on each day. You can keep track on this sheet or make a booklet to keep track of your success. Simply cut along the lines, use a hole punch to make a hole in each circle, place the pages in order and tie the pages together with string.

Keep Track of P.A.C.K. Week

Build a better body....eat more fruits and vegetables

Name: _____

PACK PURPLE DAY M O N D A Y

Purple/Blue Fruits

Purple/Blue Vegetables

___ Purple 100% Grape Juice
___ Blueberries
___ Blackberries
___ Plums
___ Raisins
___ Other: _____

___ Purple Beans
___ Eggplant
___ Purple Cauliflower
___ Purple Cabbage
___ Purple Potatoes
___ Other: _____

PACK WHITE DAY T U E S D A Y

White Fruits

White Vegetables

___ Banana
___ White Peaches
___ White Nectarines
___ Pears
___ Other: _____

___ Cauliflower
___ Mushrooms
___ Potatoes/Turnips
___ Onions
___ Other: _____

PACK RED DAY W E D N E S D A Y

Red Fruits

Red Vegetables

___ Strawberries
___ Cherries
___ Watermelon
___ Raspberries
___ Other: _____

___ Tomatoes
___ Red Peppers
___ Beets
___ Red Cabbage
___ Other: _____

PACK YELLOW/ORANGE DAY T H U R S D A Y

Yellow/Orange Fruits

Yellow/Orange Vegetables

___ Oranges
___ Cantaloupe
___ Pineapple
___ Papaya/Mango
___ Nectarines/Peaches
___ Other: _____

___ Carrots
___ Yellow Peppers
___ Corn
___ Squash
___ Sweet Potatoes
___ Other: _____

PACK GREEN DAY F R I D A Y

Green Fruits

Green Vegetables

___ Green Apples
___ Green Grapes
___ Avocado
___ Honeydew Melon
___ Kiwi
___ Other: _____

___ Broccoli
___ Green Beans
___ Cucumber
___ Peas
___ Salad Greens
___ Other: _____

Name: _____

Date: _____

Track Your P.A.C.K. Week Success

For each colorful day of P.A.C.K. Week, draw or write-in the fruits and vegetables you eat on each day. You can keep track on this sheet or make a booklet to keep track of your success. Simply cut along the lines, use a hole punch to make a hole in each circle, place the pages in order and tie the pages together with string.

● Keep Track of P.A.C.K. Week

Build a better body....eat more fruits and vegetables

Name: _____

● PACK PURPLE DAY M O N D A Y

Purple/Blue Fruits

Purple/Blue Vegetables

● PACK WHITE DAY T U E S D A Y

White Fruits

White Vegetables

● PACK RED DAY W E D N E S D A Y

Red Fruits

Red Vegetables

● PACK YELLOW/ORANGE DAY T H U R S D A Y

Yellow/Orange Fruits

Yellow/Orange Vegetables

● PACK GREEN DAY F R I D A Y

Green Fruits

Green Vegetables